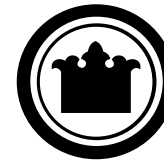


Mercer Island

This material is available in
alternate formats.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:30 am	Lap Swim	6 - 8 am Lap Swim	Lap Swim	6 - 8 am Lap Swim	Lap Swim	6 - 8 am Lap Swim
7:30 - 9:30 am	Aquarobics	8 - 9 am Aquarobics	Aquarobics	8 - 9 am Aquarobics	Aquarobics	
9:30 - 11:30 am	Lessons, Monday - Friday					
11:30 - 12:30 pm	Lap Swim & 11:30 Water Exercise	Lap Swim	Lap Swim & 11:30 Water Exercise	Lap Swim	Lap Swim & 11:30 Water Exercise	
12:30 - 2 pm	Lap Swim					1 - 3 pm Public Swim
2 - 3:30 pm	Public Swim, \$1.85					
3:30 - 7 pm	Chinook Aquatic Club					3 - 5 pm Pool Rentals are Available
4:30 - 6 pm	Lessons M/W	5:30 - 6 pm Lessons T/Th	Lesson M/W	5:30 - 6 pm Lessons T/Th		
6 - 7 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	Family Swim (shallow)	
7 - 8 pm	Public Swim \$1.85			75¢ Swim	Public Swim \$1.85	
8 - 9 pm	Lap Swim					
9 - 10:30 pm		SCUBA		SCUBA		

- Children under 6 years of age must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool usage.



King County Park System

Mercer Island Pool

8815 SE 40 Street
Mercer Island, WA 98040
Phone: 206-296-4370
Relay: 1-800-833-6388
www.metrokc.gov/parks

Summer Schedule
June 25 - August 31, 2001
Closed June 28, 3 - 7 pm, Volksport
*Closing July 4 @ 3:30 pm
Closed Sept 1 - 3 for Labor Day

SUMMER SWIM LESSONS

Mornings

Jun 25 - Jul 6*
Jul 9 - Jul 20
Jul 23 - Aug 3
Aug 6 - Aug 17
Aug 20 - Aug 31

Evenings M/W or T/Th

Jun 25 - Jul 19*
Jul 23 - Aug 16

Registration begins up to three months before the start of the class. See *Registration Policy*.

EXERCISE PROGRAMS

Water Exercise is a 60-minute, drop-in, shallow water program designed to increase flexibility and range of motion during an aerobic workout. Great for any level. Please, no children under 14.

Aquarobics is an intensive one-hour aerobic workout for adults and seniors. To register, or for more information, call 425-883-0475 or 1-800-817-8988.

COMPETITIVE AQUATICS

Chinook Aquatic Club is a year around competitive swim program for all ages from novice to the national caliber swimmer. Call 206-230-5812 or email chinookswimming@hotmail.com.

Mercer Island Aquatics is a US Water Polo sanctioned club for boys and girls of all ages and abilities. Visit their website at www.miawaterpolo.com.

SCUBA

Underwater Sports conducts classes. Call them at 425-454-5168.

RECREATIONAL SWIM SCHEDULE

All days, dates, and times are subject to change.

Lap Swimming

M, W, F 6 - 7:30 am
T, Th, Sa 6 - 8 am
M - F 11:30 - 2 pm
Sa 11 - 1 pm
M - Th 8 - 9 pm

Public Swimming

M - F, \$1.85 2 - 3:30 pm
Sa, \$1.85 1 - 2 pm
Sa, \$1.85 2 - 3 pm
M, T, W, F, \$1.85 7 - 8 pm
Th, 75¢ 7 - 8 pm

Family Swimming (Shallow end only)

Sa 11 - 1 pm
F 6 - 7 pm

EXERCISE PROGRAMS

Water Exercise

M, W, F 11:30 - 12:30 pm

Aquarobics

M, W, F 7:30 - 9:30 am
T, Th 8 - 9 am